

Representation of the rewarding value of food in the human brain - Effects of dietary restraint, body weight, stress, and shifts in macronutrient intake

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Propositions belonging to the thesis

Representation of the rewarding value of food in the human brain - Effects of dietary restraint, body weight, stress, and shifts in macronutrient intake

Wanting related signaling in motivational, reward and homeostatic regions determines hunger and energy intake. - *this thesis*

Dietary restraint may assist dietary restriction by limiting the rewarding value of food in the absence of hunger. - *this thesis (Chapter 2)*

Liking and wanting that we express, does not necessarily reflect liking and wanting that is signaled in the brain. - *this thesis (All chapters, esp. Chapter 5)*

Eating a cookie when stressed is not as rewarding as eating a cookie when relaxed. - *this thesis (Chapter 4)*

A breakfast high in proteins is associated with different brain signals to a breakfast high in carbohydrates. *this thesis (Chapter 6)*

The brain is often compared with a computer, yet although neuronal signals are 'digital' the comparison fails.

Music and Science are very similar in many respects although the audiences may be quite different.

Say not, 'I have found the truth,' but rather, 'I have found a truth.' - *Kahlil Gibran*

A man who carries a cat by the tail learns something he can learn in no other way. - *Mark Twain*

Data is not information, information is not knowledge, knowledge is not understanding, understanding is not wisdom. - *Clifford Stoll*

Stellingen behorende bij het proefschrift:

Representation of the rewarding value of food in the human brain - Effects of dietary restraint, body weight, stress, and shifts in macronutrient intake

Aan het 'willen' eten gerelateerde signalen in hersengebieden van motivatie, beloning en homeostase, bepalen honger en energieinname. *Dit proefschrift*

Geremd eetgedrag kan de voedselinname verminderen, door de belonende waarde van voeding te verlagen wanneer de honger afwezig is. *Dit proefschrift (Hoofdstuk 2)*

Een uiting van eten 'lusten' of 'willen' komt niet altijd overeen met de 'lusten' of 'willen' signalen in het brein. *Dit proefschrift (Hoofdstuk 5)*

Een koekje eten tijdens stress is minder belonend dan een koekje eten tijdens rust. *Dit proefschrift (Hoofdstuk 4)*

Een eiwitrijk ontbijt leidt tot andere brein signalen dan een koolhydraatrijk ontbijt. *Dit proefschrift (Hoofdstuk 6)*

Het brein wordt vaak vergeleken met een computer, maar ondanks dat neuronen hun signalen digitaal overbrengen loopt deze vergelijking spaak.

Muziek en wetenschap lijken in veel opzichten op elkaar hoewel het publiek sterk kan verschillen.

Zeg niet 'ik heb de waarheid gevonden,' maar zeg 'ik heb een waarheid gevonden.' - *Khalil Gibran*

Wie een kat aan zijn staart draagt leert een les die hij niet anders kan leren. - *Mark Twain*

Data is geen informatie, informatie is geen kennis, kennis is geen begrip en begrip is geen wijsheid. - *Clifford Stoll*